



1. Swimming through the Pranic Ocean. Sit in Easy Pose and move the arms like you are swimming. As one arm extends, the other draws back with the elbow along your side. Do not punch. Create a smooth, circular swimming motion that moves the shoulders, rib cage, and back muscles. Create a powerful Breath of Fire through the open mouth in rhythm with the arms. Keep the back molars together so that the breath sounds like a powerful, pulsing hiss. 13 minutes.

2. Back Platform Pose. Keep your body straight, especially your knees. Let your neck relax backwards but do not let it hyperextend. This puts pressure on the parathyroid. 2 minutes.

3. Maintain the posture and begin to breathe strongly through circled lips. Puff in and out using the diaphragm to drive the breath. This is not a Breath of Fire from the navel, it is a 'pancreas' breath that is focused near the sternum and diaphragm. 2 minutes.

4. Corpse Pose. Take a nap. 17 minutes

5. Remain resting in Corpse Pose and begin listening to Liv Singh's Har Har Mukanday with the affirmation. Repeat the affirmations with Yogi Bhajan. Then stretch, twist, and move your shoulders. Wake up dancing. 3 minutes.

6. Come into a sitting position and dance while sitting. This spreads the energy equally to all parts of the body. 1-1/2 minutes.

